

WHAT IS CLAIMED IS:

1. An exercise system, comprising:

a frame adapted to rest on a floor surface;

a body supporting platform mounted on the frame; and

5 a first dumbbell assembly and a second dumbbell

assembly, wherein each said dumbbell assembly includes a handle
that defines a longitudinal axis, a set of weights configured for
connection to a respective said handle, and a base that is sized
and configured to support a respective said set of weights in
10 alignment with a respective said handle, wherein each said base
is pivotally connected to the frame in a manner that defines at
least one horizontal pivot axis.

2. The exercise system of claim 1, wherein each said base
15 pivots relative to the frame between a first position disposed at
a first elevation above the floor surface, and a second position
disposed at a relatively higher, second elevation above the floor
surface.

3. The exercise system of claim 1, further comprising a
second body supporting platform mounted on the frame and arranged
20 to extend perpendicular to the first body supporting platform.

4. The exercise apparatus of claim 1, wherein each said
base pivots to a respective storage position disposed beneath the
body supporting platform.

5. The exercise apparatus of claim 1, wherein each said
25 base pivots about a common horizontal axis relative to the frame.

6. An exercise system, comprising:
a frame adapted to rest on a floor surface;
a body supporting platform mounted on the frame; and
a first dumbbell assembly and a second dumbbell
5 assembly, wherein each said dumbbell assembly includes a handle
that defines a longitudinal axis, a set of weights configured for
connection to a respective said handle, and a base that is sized
and configured to support a respective said set of weights in
alignment with a respective said handle, wherein each said base
10 is movably connected to the frame for movement between a
respective first position underlying the body supporting
platform, and a second position out from under the body
supporting platform.
7. The exercise system of claim 6, wherein each said base
15 occupies a first elevation relative to the floor surface when
occupying said first position, and each said base occupies a
relatively higher, second elevation relative to the floor surface
when occupying said second position.
8. The exercise system of claim 6, further comprising a
20 second body supporting platform mounted on the frame and arranged
to extend perpendicular to the first body supporting platform.
9. The exercise apparatus of claim 6, wherein each said
body support pivots about a common axis relative to the frame.
10. The exercise apparatus of claim 6, wherein each said
25 base occupies a common orientation in each said position.

11. An exercise system, comprising:
a frame adapted to rest on a floor surface; and
a first dumbbell assembly and a second dumbbell
assembly, wherein each said dumbbell assembly includes a handle
5 that defines a longitudinal axis, a set of weights configured for
connection to a respective said handle, and a base that is sized
and configured to support a respective said set of weights in
alignment with a respective said handle, wherein each said base
is pivotally connected to the frame in a manner that defines at
10 least one horizontal pivot axis, and that accommodates movement
of each said base between respective first and second upright
positions relative to the frame.

12. The exercise system of claim 11, wherein each said base
occupies a first elevation relative to the floor surface when
15 occupying one of the positions, and each said base occupies a
relatively higher, second elevation relative to the floor surface
when occupying another of the positions.

13. The exercise system of claim 11, further comprising a
body supporting platform mounted on the frame and arranged to
20 extend parallel to the floor surface.

14. The exercise apparatus of claim 13, wherein the first
positions are beneath the body supporting platform, and the
second positions are out from under the body supporting platform.

15. The exercise apparatus of claim 13, wherein at least
25 the second positions are outside opposite sides of the body
supporting platform.

16. An exercise system, comprising:
a frame adapted to rest in two different orientations
on a floor surface; and
a first dumbbell assembly and a second dumbbell
5 assembly, wherein each said dumbbell assembly includes a handle
that defines a longitudinal axis, a set of weights configured for
connection to a respective said handle, and a base that is sized
and configured to support a respective said set of weights in
alignment with a respective said handle, wherein each said base
10 is movably connected to the frame in a manner that maintains each
said base in an upright position when the frame occupies either
of the orientations.

17. The exercise system of claim 16, wherein each said base
occupies a first elevation relative to the floor surface when the
15 frame occupies one of the orientations, and each said base
occupies a relatively higher, second elevation relative to the
floor surface when the frame occupies another of the
orientations.

18. The exercise system of claim 16, further comprising a
20 body supporting platform mounted on the frame and arranged to
extend parallel to the floor surface when the frame occupies one
of the orientations.

19. The exercise system of claim 18, further comprising
another body supporting platform mounted on the frame and
25 arranged to extend parallel to the floor surface when the frame
occupies another of the orientations.

20. The exercise apparatus of claim 18, wherein the body supporting platform overlies each said dumbbell assembly when the frame occupies said one of the orientations.